



THINK OF A STROKE AS A RACE AGAINST TIME.
AND AFTER THREE HOURS, TIME WINS.

As soon as you or a loved one experiences even one sign of stroke, **call 911 immediately.** New treatments may prevent death or disability, but only if they are given within the first three vital hours after the first sign of stroke. The signs of stroke are:

- ☞ Numbness or weakness on one side of the body
- ☞ Confusion or trouble speaking
- ☞ Loss of balance or coordination
- ☞ Blurred vision
- ☞ Severe and sudden headache

For more information,
visit hearthighway.org,
or call 1-866-88 STROKE.

UTAH DEPARTMENT OF HEALTH
-STROKE, IT'S A TIME BOMB-